

**2009 APF Southwest Push/Pull Hosted By Bad Attitude Gym  
at the Southwest USA Sports and Fitness Expo  
June 27, 2009**



**Please Print Legibly**

Full name: \_\_\_\_\_ Sex (circle one): Male Female  
 Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ e-mail \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Phone Number \_\_\_\_\_ Alternate Phone Number \_\_\_\_\_  
 Current APF card (circle one): No Yes If so, card number is \_\_\_\_\_

**Event Entered** (circle all that apply): Push/Pull Bench Only Deadlift Only  
**Division Entered** (circle all that apply): Novice/Below Class I  
 Open  
 Teen: 13-15 16-17 18-19  
 Junior: 20-23  
 Submaster: 33-39  
 Master: 40-44 45-49 50-54 55-59 60-64 65-69 70-74  
 75-79 80+  
**Weight Class** (circle one): Women: 97 105 114 123 132 148 165 181 198 198+  
 Men: 114 123 132 148 165 181 198 220 242 275 308 308+

**Fees & Payment:** Entry fee \$60: \_\_\_\_\_

**CASH, CASHIER'S CHECKS AND MONEY ORDERS ONLY PLEASE** If **after June 19, 2009**, add late fee \$20: \_\_\_\_\_

No personal checks please. Additional divisions \$30 each: \_\_\_\_\_

**Make checks or money orders out to:** **HEATHER TILLINGHAST** **TOTAL DUE:** \_\_\_\_\_

**ATHLETIC RELEASE:** In consideration of my entry, I hereby waive all claims for myself, my administrators, and my heirs against any and all officials, sponsors, participants, or organizations connected with the Texas APF, the APF, Bad Attitude Gym, APF Southwest Push/Pull Hosted by Bad Attitude Gym, or Arlington Convention Center which may occur while participating in the competition. I understand that powerlifting can be a hazardous sport and am fully aware of these hazards. I hereby certify that I am physically fit to participate.

\_\_\_\_\_  
Print Full Name

\_\_\_\_\_  
Lifter's signature  
(Parent must sign if Lifter is under 18 years of age)

**Return Entry Form to:** Heather Tillinghast  
 c/o Texas APF  
 14925 Frisco Ranch Drive  
 Little Elm, TX 75068